

Saudi Working Mothers can control social determinants of health.

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Abstract

There are many effect factors which contribute and help Working Mother to affect directly on health; the economical changes according to rise family income, mother education which reflects positively on her role in increasing awareness about health and its preventive or curative type, and because she is the one and only responsible to take care and raise their children, she always provide safe and healthy environment for her children.

According to the socio-environmental approach, health is not related only to genetic or biological causes, it is influenced by other factors which known as social determinants of health. Economy and education have mainly affected health in Saudi Arabia especially after discovering of oil and petroleum sources, and participating of women in the labor force which affect positively on the level of education. Many studies proved that the percentage of participating of Saudi Women in the labor force will reach to 29% in 2015.(1) Saudi women, especially working mothers who change the traditional image about mother and her limited responsibility for raising children and home duties. Nowadays, working mothers play a key role in many determinants of health such as economy, education, and childhood development.

Income affects deeply on health, it is the main factor which provides basic services for people such as, clean water, healthy food, sanitation, good neighborhood and house and so on.(2) Everyone realizes how it mainly affects all aspects of our life, and it mostly represents in family income; however, working mothers in S.A become able to rise their family income, look forward to better standard of life, and they seek to diverse source of livelihood to get high social class. Saudi women become independent financial source, and get many privileges such as healthcare credit card or they may have high income to bear the costs and burdens of treatment. High income mothers improve the stability of health, they are able to provide health needs either preventive or curative.(3) Working mothers have enough ability to provide preventive health care for their children such as Regular Check-Ups which is important to prevent and control diseases and maintains the stability of their health. Also, curative needs which are related with disease and its symptoms, and mother are responsible here to provide a medicine, vaccine and so on for their children. According to CDSI, the average monthly household expenditure by major expenditure group, nationally and sex of household head, 2006/2007 stated that women ability to meet all their family needs in the major expenditure group reached to 7790 SAR.(4)

Education and economy go hand in hand, both of them have the same impact to determine which social class and health statue we are belong. Increasing number of educated women fundamental indicator in health distribution, they have better life with less morbidity.(5) Mothers' education level has reflected on their family's health behavior. For instance, educated working mothers are more conscious and aware about the importance of vaccination for children, regular check ups during pregnancy than uneducated women.(2) In addition, they are able to identify and correct the bad habits that may affect negatively on their family health such as, the importance of washing their hands before eating and so on. Level education of mother is important indicators in health distribution, people with high education level have high health statue. (5)

Many mothers think that their work is harmful for their children but, it actually depends on how they can provide safe and caring environment for them.(6) Child care provide good environment which is vary in order to provide care according to children's age, sex and specific needs.(7) It has an obvious impact on children health physically, mentally and emotionally(8,9), it helps children to interact with external environment and engage their society. For example, childcare provides safe and secure environment, support children emotionally because they miss their mothers, and improve their behavioral and mental skills like how to interact with others, build their vocabulary and develop them intellectually.(10) Therefore, most of Saudi Working Mothers rely on child care where children get more attention and care, they will live in healthy and safe environment, and get more proper nutrients. Because working mothers try to find proper environment to enhance their children, they control one of the important determinants of health which is childhood development.

To sum up, Being workingwomen can contribute and improve the perspective of women in Saudi society. They will reduce the number of uneducated women, participate in the labor force and increase economy and rise the value of society. Women are able to control all these determinants which directly affect on health statue, they provide most healthy environmental motivation which maintain their life more healthy such as health- care credit and child care. The role of Saudi women to improve these determinants for enhancing distribution of health will reflect on the whole society.

Word Count = 736

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